

1650. As a result, at a step 1658 the first communication device receives the signal from the second communication device.

Thereafter, at a step 1654 the second communication device monitors for a signal from the first communication device. In this manner the cycle repeats. Thus, although  
5 not shown, the first communication device would then process and analyze the sequence signal sent at step 1660 to determine changes in the channel parameters. It may then adjust the setting of its communication system accordingly. In this manner the status of the communication channel may be monitored and changes to the settings of the communication system be made periodically. This advantageously keeps the systems  
10 prepared to initiate a warm start if such request is made by either communication device.

While various embodiments of the invention have been described, it will be apparent to those of ordinary skill in the art that many more embodiments and implementations are possible that are within the scope of this invention.